

DAY/DATE: MONDAY/SEPTEMBER 11, 2017

FOCUS: DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	400 swim
EN-1	<u>4 x thru:</u> <ul style="list-style-type: none">• 2 x 50 pull @ 55 or r=10• 2 x 25 pull @ 30 or r=5
EN-1 TO EN-2	<u>@ 20 seconds rest between swims:</u> <ul style="list-style-type: none">• 50<ul style="list-style-type: none">○ 100<ul style="list-style-type: none">▪ 150<ul style="list-style-type: none">• 200<ul style="list-style-type: none">○ 250<ul style="list-style-type: none">▪ 300<ul style="list-style-type: none">○ 250<ul style="list-style-type: none">• 200<ul style="list-style-type: none">▪ 150<ul style="list-style-type: none">○ 100
EN-2 TO REC	8 x 25 swim @ r=10 <ul style="list-style-type: none">• ascend times 1-8

Total = 3000

DAY/DATE: TUESDAY/SEPTEMBER 12, 2017

FOCUS: IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	300 swim
EN-1	12 x 25 @ r=10 <ul style="list-style-type: none">• 25 scull/25 drill/25 swim
EN-1	8 x 75 pull @ 1:40 or r=15 <ul style="list-style-type: none">• 25 free/25 breast/25 free
EN-2	8 x 75 swim @ 1:45 or r=20 <ul style="list-style-type: none">• odd 75's: 25 fly/25 back/25 breast• even 75's: 25 back/25 breast/25 free
EN-1 TO EN-2	20 x 25 swim @ 30 or r=5 <ul style="list-style-type: none">• 100 IM order
REC	200 swim

Total = 2500

DAY/DATE: WEDNESDAY/SEPTEMBER 13, 2017

FOCUS: MID-DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	500 choice
EN-1 TO EN-2	<u>3 x thru:</u> <ul style="list-style-type: none">• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ moderate effort• 1 x 150 swim @ 2:45 or r=20<ul style="list-style-type: none">◦ 50 build/50 DPS/50 build• 1 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ negative split• 1 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ negative split
EN-1 TO EN-2	<u>5 x thru:</u> <ul style="list-style-type: none">• 1 x 50 swim @ 1:00 or r=15• 2 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ faster than 50 pace
EN-1/EN-3	300 kick: every 3rd length fast!
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/SEPTEMBER 14, 2017

FOCUS: STROKE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1 TO EN-2	8 x 50 kick @ 1:30 or r=20 <ul style="list-style-type: none">• choose 1 stroke for each set of 4 x 50• descend times 1-4, 5-8
EN-1	10 x 25 drill @ 45 or r=10 <ul style="list-style-type: none">• no freestyle
EN-2 TO EN-3	8 x 50 swim @ 1:20 or r=30 <ul style="list-style-type: none">• choose 1 stroke• keep stroke count consistent• best possible average for 8 x 50
EN-1	400 pull: breathe every 3rd stroke
EN-1	10 x 25 drill @ 45 or r=10 <ul style="list-style-type: none">• no freestyle
REC	200 swim

Total = 2500

DAY/DATE: FRIDAY/SEPTEMBER 15, 2017

FOCUS: SPEED

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	<ul style="list-style-type: none">• 200 swim• 200 choice• 200 swim
EN-1	12 x 25 @ r=15 <ul style="list-style-type: none">• 25 kick/25 swim
EN-1/SP-1	10 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none">• 25 build/25 fast
REC	200 swim
EN-1/SP-1	10 x 25 swim @ 45 or r=20 <ul style="list-style-type: none">• 25 build/25 fast
REC	200 swim
EN-1/SP-1	10 x 25 swim @ 45 or r=20 <ul style="list-style-type: none">• 25 build/25 fast
REC	200 choice

Total = 2500